

PRACTICAL POINTS.

[Nurses interested in this column are asked to send contributions for it.]

IN using a rectal tube or catheter for giving a high enema, there is less danger of the tube coiling up if it is inserted while the fluid is escaping, and the rectum is allowed to dilate before it is pushed further up.—E. E.

A SWAB of cotton on a tooth-pick is better than a rag on the finger for washing the gums of a small child. It is also excellent for cleansing the nostrils and external ear.—E. E.

PATIENTS who object to food will frequently take a lightly beaten egg in orange juice, if it is strained and they are not told the egg is there.—E. E.

CONTINUED hot applications will often give more relief to a hemorrhoid case than the usual suppositories, without the after effect.—E. E.

A HOT foot-bath and vigorous rubbing of the entire scalp will relieve a nervous headache.—E. E.

THE sick-room is unfortunately too often a general sitting-room. To insure the patient plenty of fresh air, it is not enough to keep one window open a little way. Frequently, during the day, and always before bed-time, cover the patient well, and open all the windows. It is not only good for the patient, but the nurse as well and, incidentally, makes the room uncomfortable for the family for the time being.—E. E.

A WHALEBONE, bent so that it will reach far back, is good for cleansing the tongue of a typhoid-fever patient.—S. G.

A YOUNG boy, who had reached the hungry, convalescent stage of typhoid, was allowed by his doctor to chew gum as a pacifier. The gum proved a good cleanser of the teeth and tongue and is useful for that purpose, but the nurse must see that it is afterward put into a paper or cloth and burned.—S. G.

AT a time of great weakness, to look at brightly colored flowers is like looking at a strong light. Flowers and plants of delicate shades and mild fragrance should be selected for the days following an operation.—M. C.

WHEN one has a face-ache and takes a hot-water bag to bed, it can be kept from slipping about by putting it between the pillow and its outer case.

IN caring for a patient whose eyes are inflamed no dry cotton should be brought near the face, as the fine, almost invisible fuzz which floats in the air tends to aggravate and increase the inflammation. Wet cotton may be used for irrigation or, better, the solution can be poured from a small open-mouthed bottle. Squares of soft linen should be used in place of the dry-cotton sponges.

THE best way to clean the stitches after a perineal operation is to bend the patient's thighs back upon the abdomen. An assistant is needed to hold the knees, and some patients would object to the position, but the field can be seen clearly and cleaned thoroughly.

IF a nurse is not needed for constant watching, but must be awake at certain hours to give treatments or medicine, an alarm-clock, set for the hour, can be put under her pillow. Its muffled sound will not disturb any one else but will rouse her on time. The key to the alarm should be turned only once or twice.—M. B.

IN fumigating a room, glycerine can be used, instead of paste, for fastening strips of paper over the cracks of doors. Its advantage is that it does not injure the woodwork and is easily removed. Its disadvantage is that it will last only from six to nine hours. An un-

perforated roll of toilet paper is convenient to use for cutting strips.—M. H.

FOR bluish spots on the skin, likely to develop into bed-sores, use tincture of myrrh. While this is still damp, apply oxide of zinc powder, enough to form a paste or plaster over the spot. In an hour or two the skin begins to look more natural. Such an application made once a day is usually sufficient.—M. H.

IF the skin should be “burned” by too long application of an ice-bag, use immediately an alcohol compress larger than the area affected.—M. H.

A SMALL enema of olive oil, given in the evening to be retained all night, is successful in relieving constipation.—J. D.

AN ECONOMICAL OUTFIT FOR AN INFANT

AN outfit for an infant is usually a matter of considerable expense, but it is possible to have comfortable clothes for a baby, and enough to keep it always fresh and clean, at moderate cost. “Daisy cloth,” for instance, may be used largely instead of flannel, for pinning blankets, petticoats and night-dresses. This is a soft, light weight, double-faced canton flannel, which does not become stiff with washing. It is nice, too, for the large diapers (while the small ones can be made of cheese-cloth), one yard to each diaper, folded twice, so that each diaper has four thicknesses and is eighteen inches square. These are to be stitched around the edges and diagonally. The little knit bands and shirts are very expensive, if purchased in the silk and wool (the all-wool ones are too irritating and should never be used), but the same things are made in the knit cotton and are warm enough for a normal baby. These are far better than the home-made shirts, cut in a jacket shape, which will always wrinkle.

To make a summary of the most necessary articles with suggestions as to prices and quantities: Flannel for first straight bands, 1 yard, 25 inches wide, \$.25; 4 knit bands, at 25 cents each, \$1.00; 4 knit cotton shirts, 25 cents each, \$1.00; 30 yards cheese cloth, for 30 first-size diapers, at 5 cents a yard, \$1.50; 18 yards daisy cloth, 32 inches wide, at 15 cents a yard (for making 20 diapers, 32 inches wide,

and a little longer than wide, to allow for shrinking), \$2.70; 4 petticoats, made of daisy cloth, in the "Gertrude" or "Dorothy" pattern, allowing 2 yards to each skirt, \$1.20; 4 night-dresses, ready-made, of outing flannel, 50 cents each, \$2.00; 12 slips, 8 at 25 cents each, \$2.00; 4 at 50 cents each, \$2.00. If made at home the slips require about $2\frac{1}{2}$ yards of material 1 yard wide. A fairly good nainsook, 30 inches wide, costs 20 cents a yard. 2 pair socks, 25 cents each, \$.50; total cost \$14.15.

This outfit can be made still less expensive by lessening the number of articles, but unless one has the time and proper facilities for washing and ironing soiled articles at once, the above estimate will not be found excessive. Take the diapers as an example. The baby must have a small one pinned on and a large one laid under it to protect its clothes. When properly cared for, a baby has about thirteen changes of diapers in twenty-four hours, and an allowance of thirty small ones and twenty large ones is not any too ample. One could, at a pinch, get on with three each of shirts, bands and night-dresses, and with eight slips. This would reduce the total cost to eleven and a-half dollars.

Several years ago after careful investigation it was reported in the *Boston Medical and Surgical Journal* that there was no danger from typhoid infection from ice that had been stored three weeks. Recent investigations made by Dr. Blumer, of Albany, trace an epidemic of typhoid at the St. Lawrence State Hospital to ice taken from the St. Lawrence river, which had been cut seven months previous. It seems that when this ice was forming there were typhoid cases among people using wells in the vicinity. Experiments and investigations have shown conclusively that the ice contained typhoid bacillus and the opinion is given that under certain favorable conditions ice is a dangerous source of typhoid infection.

Certain political influences are at work in Chicago to abolish women tenement-house inspectors, and the women's club and social settlement workers are opposing this attempt to put women off of the force, the ground taken being that competent women should be retained and incompetent ones (if such there are on the force) be discharged and others appointed. Experience in New York and other places has demonstrated that for some kinds of tenement inspection women are better than men.